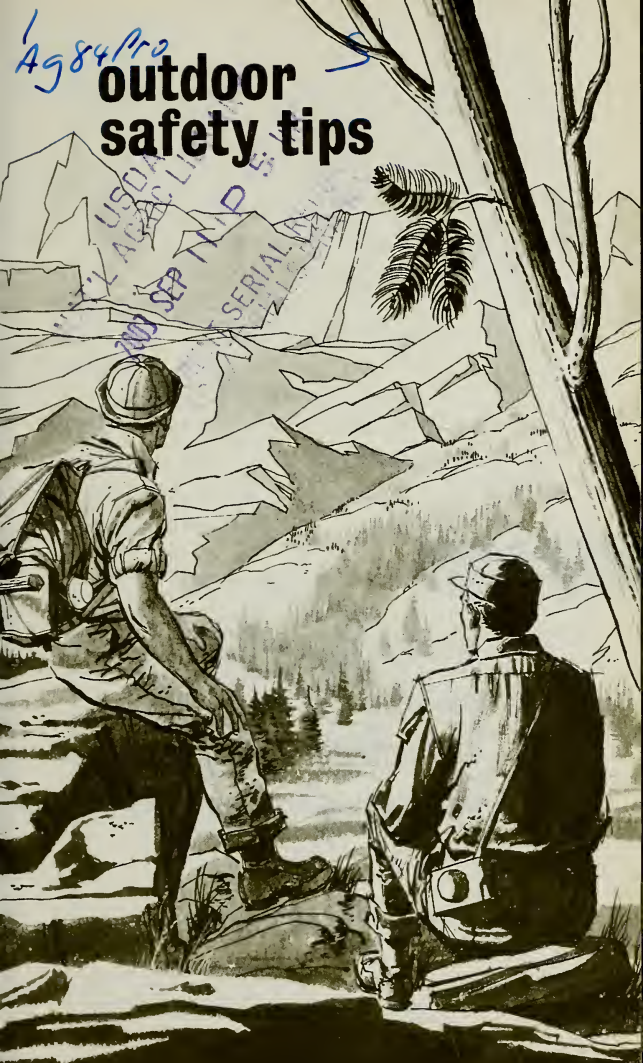


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outdoor safety tips





KEEP YOUR FIRE SAFE

1. Select a site on level ground sheltered from high wind, and away from heavy brush, logs, tree trunks, overhanging branches, and other fuel.
2. Clear the ground down to mineral soil in a circle 10 feet across.
3. Keep your fire small.
4. Never leave your fire unattended.
5. When you break camp, put your fire DEAD OUT. Drown it with water, stir the coals, and drown it again.

In some regions, and at certain times of the year, open fires may be prohibited. It's a good idea to check this before going into the forest.

Take Care if You Smoke

1. Stop, sit down, relax! Don't smoke while riding or hiking.
2. Use a flat rock as your ashtray or dig down to mineral soil with your heel.
3. Crush out your smoke before you move on.



PLAY IT SAFE IN THE WOODS

No one expects to get lost in the woods, but it can happen—even to an experienced woodsman. Don't let it happen to you.

You know your own physical condition.

Don't overtax yourself.

Plan your travel

route. Get official maps of the area if available—from the Forest Service or the U.S. Geological Survey. Inquire locally before traveling into back country.

Check your clothing and equipment. Be prepared for bad weather, particularly at high altitudes. Wear sturdy shoes or boots.

Always carry essential equipment—matches in a waterproof container, maps and a compass, a knife. Take food and shelter to meet your needs, but don't overload your pack.

Tell someone where you are going and when you expect to return.

Allow plenty of time to reach your campsite—extra time means extra safety.





Travel Tips

Be observant. Watch the trail; remember your route; note landmarks, streams, mountains, and the lay of the land. Keep track of time and weather. Be alert for loose rocks, ledges, and other hazards.

Travel alone *only* if you are an experienced woodsman. On the trail, keep your group together; don't let anyone lag behind. Make camp before dark. Traveling in darkness or during a storm may lead to tragedy.

If You Get Lost

Try to be calm. Sit down and take it easy. A cool head and courage make things appear not too bad after all.

THINK. How did you get here? Try to remember mountains, trails, streams, and other points of reference. Can you see

any landmarks? Is your situation an emergency or just an inconvenience? What are the dangers of staying put?

Of pushing on?

DECIDE whether to *stay put* or to *push on*.

Stay put—if you are injured or nearing exhaustion—if the terrain is rugged—if nightfall or bad weather is imminent—if shelter is available—if you know someone will be looking for you soon.

If you stay

put, *find* or *make* the best shelter possible.

Build a signal fire;

this will attract the attention of forest fire lookouts. Someone will be sent to investigate. If you are still on a trail, don't go far from it without leaving a marker (peeled stick pointer or pile of stones) to show searchers which way you went.

Push on—if you still are strong enough, if it is still daylight and the weather is good, and there is a reasonable chance for you to get your bearings.

If you push on, go slowly, carefully.

Try to find a high point with a good view; get the lay of the land, plan your route—you may even get back on the trail.

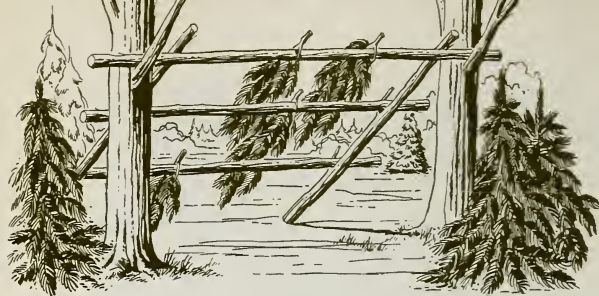
If you stay lost, follow a drainage

downstream; in most areas this will bring you to a trail, road, or transmission line, which you can follow until you reach help. In rugged canyon country it may be better to follow a ridge uphill until you reach natural shelter among trees or rocks; then build a signal fire and stay put.

REMEMBER—

- . . . Plan your route
- . . . Carry essential equipment
- . . . Tell someone where you're going
- . . . Be observant on the trail
- . . . Stay calm if you do get lost;
stop, sit down, think it over





SURVIVAL TIPS

Shelter

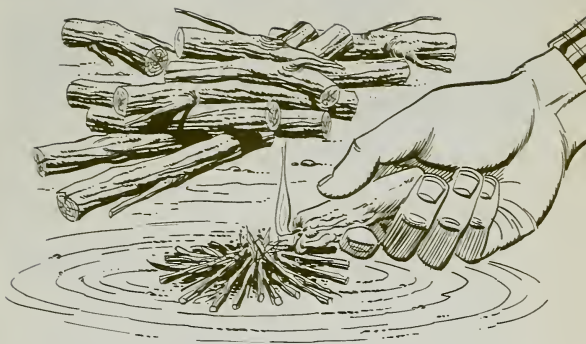
Exposure to the elements is more dangerous than hunger and thirst. You may live more than a week without food, for 3 days without water, but for only a few hours in severe weather.

Get out of the wind. Move from exposed ridges or open flats. Go to the lee (sheltered-from-the-wind) side of a mountain, behind trees, rocks, or other natural barriers.

Find natural shelter in rock formations, caves, dense evergreen forest, behind large logs. In winter, be sure that snow from overhead branches will not fall into your fire.

If you cannot find a natural shelter, build a "lean-to" with poles and evergreen thatch. If unable to do this, make a windbreak of evergreen boughs stuck into the ground or snow.

DO NOT camp in a gulch or ravine bottom—a sudden storm could wash you out.

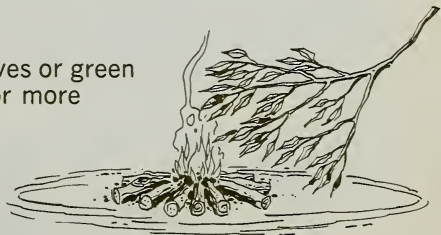


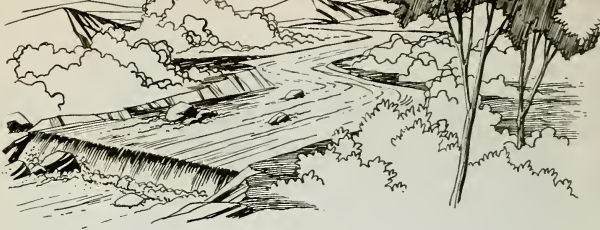
Fire

Conserve your matches. (Carry a candle as a fire starter.) Be sure you have dry, deadwood. If the forest is wet, find dry wood by splitting dead timber that is well off the ground. For tinder, make shavings of dry center wood. Build your fire out of the wind if possible. Start with small twigs or dry duff. Lay twigs so air can circulate. Add larger twigs and branches as fire grows.

Signal fire:

add wet leaves or green branches for more smoke.





Water

Most mountain streams and lakes are safe for drinking. If you are in dry country, look for springs in hollows on the side of the mountain. Some types of trees and plants show presence of water: willow, cottonwood, sycamore, boxelder, alder, birch, and eastern hemlock.

Food

Many wild fruits and nuts are edible, particularly those favored by birds and animals. Fruits include: blueberry, huckleberry, currant, wild grape, raspberry, blackberry, cherry, chokecherry, persimmon (fully ripened), pawpaw, rose hips. Nuts include: pecan, beech, pinyon, hickory, walnut, acorns (boiled and leached). Other survival foods: wild onion, sassafras roots, and nearly all animal life. **DO NOT EAT** mushrooms, holly berries, and unknown roots and greens.



IN CASE OF INJURY

Injury in the woods can be the beginning of a real emergency. Stop immediately! Treat the injury if you can; make the injured party comfortable; send or signal for help. If rescue is delayed, make an emergency shelter. Don't move until help arrives unless there is more danger in remaining where you are; use extreme care in moving injured persons.

First Aid. Do these things first:

Restore Breathing if it has stopped. Use mouth-to-mouth artificial respiration: Clear air passages, pinch nostrils, blow in till chest raises, release. Repeat 12 times per minute for adults, 20 for children. Use shallow puffs for children. Continue till normal breathing resumes.



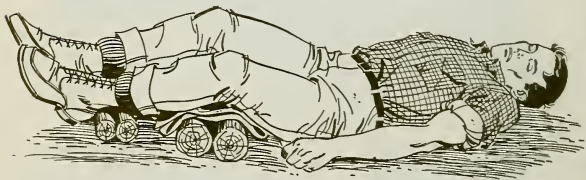


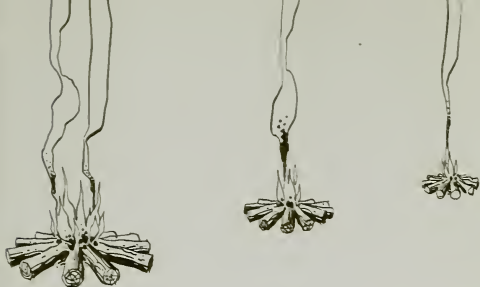
Stop Severe Bleeding

Use direct pressure over wound with clean cloth, by fingers or heel of hand. Bandage when bleeding stops. Use tourniquet only as last resort and don't leave the tourniquet on too long. For internal bleeding, treat as for shock.

Treat for Shock

Make victim lie down, raise legs slightly above body. Keep victim warm, loosen collar and belt. If conscious, give stimulants (tea and coffee—never alcohol). Never give an unconscious person food or drink; this also applies if you suspect internal injuries.





SOS SIGNALS

If alone or unable to send for help, signal by whatever means are available. Universal call for help is three signals in rapid succession repeated at regular intervals: three shots, three flashes of light, three blasts on a whistle, three puffs of smoke. A signal fire will help guide rescuers. For emergencies, carry a police whistle in your pocket or pack. Use *signals*—someone near may see or hear.



WE HOPE YOU HAVE A GOOD, SAFE TIME.
LEAVE THE FOREST
AS YOU LIKE TO FIND IT—CLEAN.
COME AGAIN!

